



**Kentucky Department of Corrections
Predoctoral Internship in Professional Psychology
LaGrange & PeWee Valley**

What is the Department of Corrections? [<http://www.corrections.ky.gov>]

The Department of Corrections is the branch of state government that manages over 21,000 adult offenders who are incarcerated in institutions, Class D felons in jails, and who are under community supervision. The Department consists of three offices: Adult Institutions, which manages more than 14,000 individuals in 16 correctional facilities across the commonwealth; Community Services and Local Facilities, which manages another 8,600 individuals under parole and probation supervision or state inmates housed in local jails; and Support Services which includes training, classification and population management, and administrative services.

What is the Division of Mental Health?

The Division of Mental Health is a section housed in the Adult Institutions Office. The Division is divided into three branches: Psychological Services, Substance Abuse Programs, and Sex Abuse Treatment Programs. The Psychological Services branch includes three programs: the Correctional Psychiatric Treatment Unit (an intensive 150-bed crisis stabilization and treatment facility for men); General Psychological Services (Master's and Doctoral Level Psychologists at each of the state-owned prisons); and Women's Services (Master's and Doctoral Level Psychologists at the state-owned women's prison.) The Substance Abuse Programs branch includes three programs: Therapeutic Communities (residential treatment programs housed in five prisons); Jail-Based Therapeutic Communities (residential treatment programs housed in ten jails); and Recovery Kentucky (residential community-based treatment programs that include offenders in one-third of the beds across the state.) The Sex Offender Treatment Program includes the Sex Offender Risk Assessment team and treatment programs housed in four prisons and in community probation and parole offices.

How are Mental Health Services Provided?

Mental Health services are specialized services within each prison or community corrections region. Each prison has one or more licensed psychologist (either Master's level or doctoral level) who provide direct services to the offender population, including assessment, psychoeducational and mental health group counseling, psychotherapy, and crisis intervention. Additionally, they provide consultation services to other Department of Corrections staff on the management of individual offenders and on program development. Mental Health staff also conduct research and program evaluation, supervise psychology interns and practicum students, and conduct in-service training with Department of Corrections' staff members.

Each mental health services unit is supervised by a regional chief and/or program administrator.

How is the Psychological Services branch Staffed?

Psychological Services Staff currently include 16 full-time doctoral level, licensed psychologists and 11 Master's level licensed psychological associates including some doctoral candidates in psychology. There are also 10 MA and BA level crisis workers who provide limited services under the supervision of licensed psychology staff.

What is the History of the Kentucky Department of Corrections Internship?

For many years, the Kentucky Department of Corrections has been committed to offering practicum experiences in psychology. A goal for the last couple of years has been to expand this to a predoctoral internship. This will be the first class of predoctoral psychology interns.

How will the Internship Administered?

The internship will be directed by the Internship Director in collaboration with a committee of four psychologists who meet quarterly to select and assess interns and their progress throughout the year, as well as to monitor the program's effectiveness.

What are the Goals and Philosophy of the Predoctoral Internship in Professional Psychology?

The primary objective of the predoctoral internship program is to enable the intern to develop personally and professionally to a point of functioning autonomously and have competencies in diverse clinical settings. This is accomplished by exposing interns to a broad range of supervised psychological experiences and formal didactic training to help them attain a high level of proficiency in three primary skills: psychological assessment; psychotherapy; and psychological consultation.

A significant portion of the intern's development evolves from her or his experiences and relationships with staff. They are available to help interns cope with the process of identification, assimilation, and integration, during which they stretch and reshape their self-images and ultimately reach a clearer personal and professional self-definition. It is hoped that through these experiences, interns will develop a sense of involvement and belonging in the larger community of psychologists.

The large number of mental health professionals with whom the interns interact provides a rich variety of role models. These staff members vary in terms of age, clinical experience, theoretical orientation, and professional activities. Some staff members teach courses at colleges and universities, consult with other agencies, supervise university psychology practicum students, engage in the private practice of clinical psychology and hold offices in professional associations. Some ongoing research is generated to evaluate programs.

Since some of our interns have not yet completed their dissertation research, our staff will have a responsibility to encourage them in the process of earning their doctoral degrees. They may consult with our clinical staff in the planning and implementation of their research and in their data analysis. Interns are permitted to spend a small portion of their work time in dissertation research.

How is the Internship Structured?

Our internship program will be housed at multiple sites within the Department of Correction's institutions. Interns will have the opportunity to work with various clinical populations and supervision with staff with expertise in these areas. The primary hub is located at the Kentucky State Reformatory in LaGrange. Additional experiences initially will be available at the Roederer Correctional Complex, the assessment center for men entering adult institutions also in LaGrange, and the Kentucky Correctional Institute for Women, the state-owned prison for women and assessment center for women entering adult institutions in PeWee Valley. Interns will be assigned up to four different placements during the year, giving them experience in working with males and/or females. They will work in medium and maximum level security units. One placement may be a full year placement. Two placements may be for six months each. An intern will spend four days a week at clinical placements. Throughout the year, the fifth day of each week is reserved for formal didactic training, which includes seminars, lectures, workshops, and

case conferences on psychotherapy, psychological assessment, and psychological consultation. The training day will be held at Kentucky State Reformatory in LaGrange.

Who Supervises the Interns?

In order to coordinate and oversee the activities of interns who commute to different training sites, there are three levels of supervision.

- 1) The Internship Director represents the first level. The Director provides the two-hour weekly Group Supervision. This licensed psychologist devotes one-third of her time to the overall development, implementation, and evaluation of the internship program. The Internship Director works with the Internship Committee to make training assignments, handle clinical and administrative issues, maintain contact with the interns' schools, plan the sequence of didactic training, provide group supervision, lead seminars and case conferences, and generally to assure a balance of training experiences. The Internship Committee also keeps in close contact with the on-site supervisor at each placement.
- 2) The on-site supervisors provide the second level. They are licensed psychologists who provide each intern a schedule of specific assessment and therapy cases, consultation experiences, and who arrange a variety of other clinical experiences at that placement. They provide a minimum of one-hour of face-to-face supervision per week. They meet regularly with the Internship Director during the year to exchange information about the progress and needs of each intern and to share with each other ideas about additional experiences that would be desirable to enhance the professional growth of the intern.
- 3) The third level of supervision comes from staff psychologists, psychiatrist, and other clinicians, as well as from other correctional professionals who may interact with the interns on specific clinical assignments, as arranged by the on-site supervisor. The on-site supervisor ensures that interns receive guidance from a range of mental health professionals to ensure they will be exposed to various theoretical orientations and clinical approaches, but remain responsible for overall supervision.

What is Supervision Like?

Over the course of the training year, interns will be supervised by four to five experienced licensed psychologists. The supervisor will review videotapes of therapy sessions or assessment interviews, reviews test results and reports, and/or engages in co-therapy. As the intern begins a new rotation, the amount of supervision is more intensive. Generally, as the intern becomes more familiar with a particular facility and its' offender population, the ratio of supervision to clinical work will decrease, but is always at least an hour per week minimum at each site.

What Type of Offenders will be Assigned to Interns?

At the present time, about 91% of offenders are males and about 32% are from minority groups. Interns can expect to do a significant amount of their clinical work with minority group offenders and offenders who represent a wide range of ethnic, racial, and socioeconomic diversity. An understanding and respect for this cultural diversity is essential.

The offender population includes individuals who also represent the entire range of psychological pathology. Around thirty percent of the incarcerated offenders are estimated to be in need of psychological and/or psychiatric services. Diagnoses include acute and chronic thought disorders, personality disorders, adjustment reactions, and mood disorders. Alcohol and other drug addictions are common, as are a variety of sexual psychopathologies. Violent victimization of others, domestic violence, victim empathy, and their own childhood victimization are frequent treatment issues. In addition to these problems, many offenders experience emotional or behavioral crises related to incarceration (e.g., suicidal ideas, depression, anxiety, homosexual panic) or problems in anticipating release to the community (e.g., lack of job-seeking skills, lack of social support, fear of responsibility, relationship issues, and unresolved substance issues.)

Specialized treatment units exist for offenders with mental illness who are unable to function in general population. The Correctional Psychiatric Treatment Unit (CPTU) is housed at Kentucky State Reformatory. CPTU is a 150 bed crisis stabilization and residential, mental health treatment unit. PCU is the Psychiatric Care Unit housed at the Kentucky Correctional Institute for Women and provides similar intensive services. A dual-diagnosis therapeutic community for men diagnosed with both mental illness and substance abuse disorders opened in February, 2010 at the Kentucky State Reformatory. Additionally, the Reformatory houses a long-term nursing care facility and hospitalization step-down unit for medically-fragile offenders.

What will the Training Program be Like?

Since this is the first year for the program, we have an idea of what we hope the program will be like, but it may change slightly once the program is implemented. It is expected that interns will explore diverse modes of treatment (e.g., individual, group, and family) in their supervised therapy experiences. They will also utilize different treatment orientations (e.g., cognitive, behavioral, insight-oriented.) Emphasis will be placed on monitoring the process, as well as the outcome of psychotherapy.

In addition to therapy, interns will conduct assessments using interviews, intellectual and neuropsychological tests, objective and projective personality tests, and behavioral observations. Psychological evaluations help determine an offender's program needs in prison, whether to release an offender back into the community, sex offender risk assessment for the courts, and other equally important decisions. Psychological evaluations may also address an offender's mental health treatment needs or risk for violent behavior. Interns will be actively involved in learning to provide consultation to other staff regarding the management of an offender or need for programming.

Forensic experience may be gained by observing the psychological assessment of sex offenders. Interns may attend probable cause and commitment court proceedings in which licensed psychologists provide expert testimony under this law.

One day of each week is devoted to didactic training. These sessions will be held once a week during the training year and will include a variety of training topics such as professional ethics, specific treatment approaches, assessment, cultural diversity, forensic work, etc. Presenters will be psychologists from the department and professionals from the community. The remainder of the weekly training days will be used for a year-long Group Supervision that may include case conferences, additional didactic presentations, or visits to other correctional facilities.

Although our program is obviously located in correctional settings, it is not designed or intended to train only "correctional psychologists". Rather it aims to produce psychologists who can function professionally as clinicians, teachers, and researchers, both inside and outside of a correctional setting.

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**The internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept or use any ranking-related information from any applicant.

***The Department of Correction is an equal opportunity employer.

****Interns are Limited Term Employees of the Commonwealth of Kentucky. As such, they are all subjected to a comprehensive criminal background check and drug screening prior to a final offer of hire. Anyone with concerns about this should consult with the Internship Director for further information or clarification. Background checks are not completed until the individual has been selected for the internship. In addition, a current, valid and unrestricted Driver's license is also required.